SUMMIT DAILY NEWS

Patient Keith Synnestvedt has his blood pressure checked by Dr. C. Louis Perrinjaquet at the High Country Healthcare clinic Thursday, Feb. 15, in Breckenridge.

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THE LONGEVITY PROJECT

# PRESSURE POINTS

*Despite nation-leading longevity, Colorado mountain communities face significant health challenges*

*Editor's note: This is the third installment in a four-part series from the Summit Daily News.*

**By Deepan Dutta**
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Frisco resident Gretchen Tilden is 85 years old, and she spends much of her time these days painting. Tilden is engaging in art therapy to cope with the lingering effects of a serious brain injury she suffered back in 2013. Before the injury, Tilden was a physical force of nature. She was a ski instructor in Keystone for 15 years after moving to Summit in 1990, and never had any noticeable health issues.

But then came the fateful day in 2013 when she was hit by an out-of-control snowboarder at Copper Mountain Resort.

"I went flying in the air and came down directly on my head," Tilden recalls. "I had an internal brain hemorrhage. They took me to Denver on Flight for Life, and the doctors didn't think I would survive the night."

**LONGEVITY,** A15

## *about* THIS SERIES

THE LONGEVITY PROJECT seeks to better understand what it means for Summit County to have the highest life expectancy in the U.S.

**Feb. 2:** What's the secret behind Colorado mountain towns' peerless longevity?

**Feb. 9:** Is Summit County a Blue Zone, a designation for areas around the world that have a high number of centenarians?

**Today:** Not everyone shares in the lifespan lottery. We'll look at the pluses and minuses of mountain culture, where residents play (and drink) hard and also battle significant mental health challenges.

**Feb. 23:** We live longer here, but when it comes to caring for our aging population, many mountain communities fall short.

## GOLDEN GOALS

**Mikaela Shiffrin is on her way to win multiple gold medals in Pyeongchang, after adjusting her goal from 5 to 4** — Page A19

## PARADE PLANNING

**Silverthorne considers logistics of celebrating Red Gerard, local Olympians with parade** — Page A2

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**WEATHER** PAGE A35